



# NOTES

## PERSONALITY DISORDERS: CLUSTER A

### GENERALLY, WHAT ARE THEY?

#### PATHOLOGY & CAUSES

- Deviations from cultural expectations → worsens day-to-day life, relationships.
- Paranoid, schizoid, schizotypal personality disorders

#### CAUSES

- May be genetic, environmental
- Linked to schizophrenia (esp. schizotypal)

#### SIGNS & SYMPTOMS

- Unusual behavior
- Poor relationships

#### DIAGNOSIS

- Unusual behaviors/traits
- Not explained by other condition/substance

#### TREATMENT

#### PSYCHOTHERAPY

- Focused on supporting individual, not challenging beliefs
  - Challenging beliefs often elicits negative responses, affects treatment

### PERSONALITY DISORDERS

|           |                                                        |
|-----------|--------------------------------------------------------|
| CLUSTER A | Paranoid<br>Schizoid<br>Schizotypal                    |
| CLUSTER B | Borderline<br>Antisocial<br>Histrionic<br>Narcissistic |
| CLUSTER C | Avoidant<br>Obsessive-compulsive<br>Dependent          |

### CLUSTER A

#### PARANOID PERSONALITY DISORDER



"ACCUSATORY"

#### SCHIZOID PERSONALITY DISORDER



"ALOOF"

#### SCHIZOTYPAL PERSONALITY DISORDER



"AWKWARD"

**Figure 98.1** Illustration depicting different types of cluster A personality disorders.

VISIT...

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# PARANOID PERSONALITY DISORDER

[osms.it/paranoid-personality-disorder](https://osms.it/paranoid-personality-disorder)

## PATHOLOGY & CAUSES

- Overlaps with schizotypal personality disorder
- Generally distrustful of others; demands loyalty of family, friends
- Individual harbors grudges if feeling lied to/ slighted
- Suspiciousness damages relationships

## CAUSES

- May be genetic, environmental

## SIGNS & SYMPTOMS

- Excessive distrust of others
- Prolonged grudges, superficial relationships, isolation

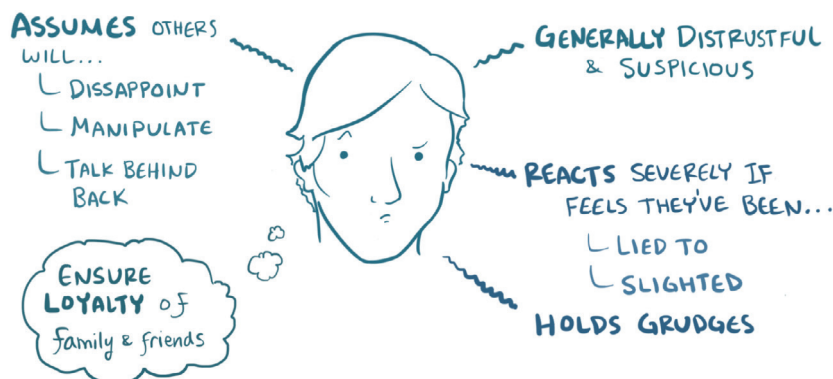
## DIAGNOSIS

- $\geq$  four of following
  - Irrational belief that others are harmful/ deceptive
  - Doubts trustworthiness of close individuals
  - Reluctance to confide in others, fearing it may be used against oneself
  - Sees hidden threats in everyday scenarios
  - Holds prolonged grudges
  - Constantly feels attacked
  - Suspicion of partner's fidelity
  - Not explained by other condition/ substance

## TREATMENT

### PSYCHOTHERAPY

- Aimed at improving social understanding; can be challenging due to trust issues



**Figure 98.2** Illustration depicting thoughts and symptoms of paranoid personality disorder.

# SCHIZOID PERSONALITY DISORDER

[osms.it/schizoid-personality-disorder](https://osms.it/schizoid-personality-disorder)

## PATHOLOGY & CAUSES

- Overlaps with negative symptoms of schizophrenia (blunted emotions/flat affect)
- Disinterested in, avoids social interaction
  - Not caused by paranoia/social anxiety
- Dislikes physical contact

## CAUSES

- May be genetic, environmental

## SIGNS & SYMPTOMS

- Flat affect/blunted emotions
- Lack of desire for intimacy
- Chooses solitary activities
- Takes pleasure in few activities

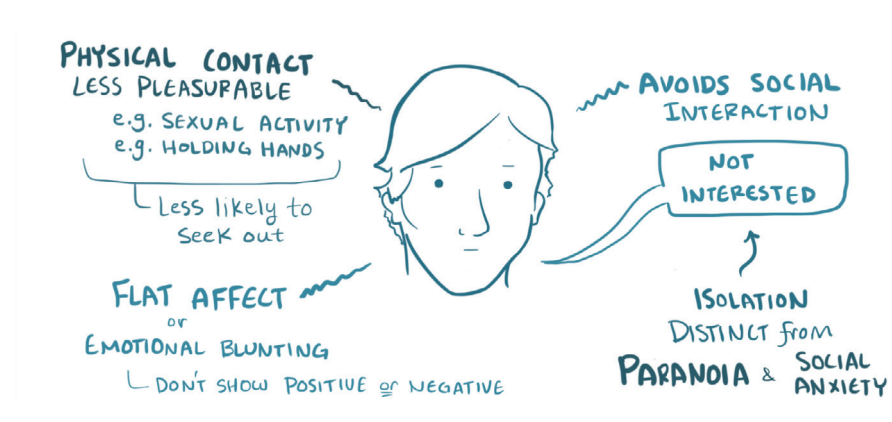
## DIAGNOSIS

- $\geq$  four of following
  - Does not want/enjoy close relationships
  - Prefers solitude
  - Lack of interest in sexual activities
  - Hard to please
  - Lacks close friends
  - Unbothered by others' comments
  - Flat affect/emotional blunting
  - Not explained by other condition/substance

## TREATMENT

### PSYCHOTHERAPY

- Aimed at improving social understanding; can be challenging due to trust issues



**Figure 98.3** Illustration depicting thoughts and symptoms of schizoid personality disorder.

# SCHIZOTYPAL PERSONALITY DISORDER

[osms.it/schizotypal-personality-disorder](https://osms.it/schizotypal-personality-disorder)

## PATHOLOGY & CAUSES

- Overlaps with paranoid personality disorder
- Excessive **magical thinking** (linking unrelated events)
- Ideas of reference (believes everything relates to personal destiny)
- Beliefs cause overconfidence, self-centered thinking
- Poor at gauging how others perceive them
- Maintain desire for relationships (unlike schizoid)
  - schizoi**D** = “Distant”
  - schizo**T**ypal = “magical **T**hinking”

## CAUSES

- May be genetic, environmental
- Linked to schizophrenia

## SIGNS & SYMPTOMS

- Ideas of reference
- Altered perception
- **Unusual thinking/talking** (vague, not incoherent)
- Paranoia/anxiety

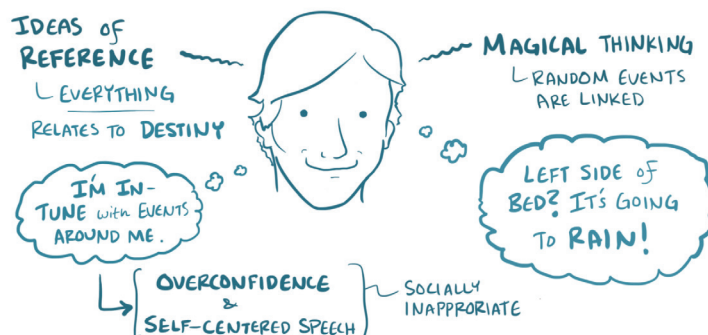
## DIAGNOSIS

- $\geq$  five of following
  - Ideas of reference
  - Magical thinking that changes behavior
  - Altered perception
  - Unusual thinking/talking
  - Suspiciousness/paranoia
  - Inappropriate/flat affect
  - Eccentric/unusual behavior
  - Lack of close friends
  - Social anxiety (related to paranoia, not fear of judgment)
- Not explained by other condition/substance

## TREATMENT

### PSYCHOTHERAPY

- Aimed at improving social understanding; can be challenging due to trust issues



**Figure 98.4** Illustration depicting thoughts and symptoms of schizotypal personality disorder.